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ABSTRACT

This book provides an overview of the history, theoretical basis, research, development, evaluation, and current status of wilderness therapy programs for troubled adolescents. An introduction explores theories of adolescence and adolescent development, problems facing adolescents in contemporary society, limitations of traditional mental health services, and the particular value of wilderness as an environment for personal growth and change. Subsequent chapters cover the following: (1) history of American attitudes towards the wilderness and growth of the wilderness ethic; (2) first wilderness camping programs and early therapeutic approaches, including Boy and Girl Scouts and Outward Bound; (3) recent therapeutic wilderness programs, including research on outcomes and process, and effectiveness of wilderness programs with delinquents; (4) variety of wilderness programs, including mental health programs, programs serving delinquent populations, school-based programs focusing on experiential learning and individual development, programs related to health problems or disabilities, leadership programs, and programs for corporate executives or college students; (5) personality, behavior, and social learning theories related to wilderness therapy; (6) program development, including need, staff qualifications, criteria for clients, individual treatment planning, trip planning, staffing patterns, menus, assessment, conducting therapy, funding, and marketing; (7) program evaluation, including methodology and general research issues; and (8) emerging issues, including professionalization and defining the field. Appendices contain a directory and index of 242 wilderness programs. This book contains photographs, references in each chapter, and an index. (SV)

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